



FOOD GUIDE PYRAMID

Your toddler needs to eat according to the Food Pyramid - just like you - the portion sizes may be smaller, but the balance of the food groups should be the same!

Your toddler is now moving from a breastmilk and/or infant formula based diet with small amounts of table foods to a diet with a variety of table foods and a smaller amount of milk.

Choose a variety of foods from the Food Guide Pyramid. Eat the most servings from the base of the pyramid, and fewer servings from the top.

 **Dairy Group**

 **Vegetable Group**

 **Protein Group**

 **Fruit Group**

 **Grain Group**

- Scrambled eggs and cheese  
- Rice, lentils and yogurt   
- French toast or pancakes topped with fruit  
- English muffin pizza   
- Chili, homemade soup or stew  
- Broccoli with melted cheese  
- Mashed potato (white or sweet) 
- Rice mixed with beans or spinach   
- Rice with tofu and vegetable   
- Grapefruit or rice pudding  
- Vegetable or soy burger  
- Vegetable or meat dumpling   
- Hummus with pita bread and cucumber   
- Cottage cheese/yogurt with fresh fruit  
- Boiled egg with boiled mashed potato  
- Mashed green plantains 
- Fish cakes and beans 



Growing up Means ...

- Using a cup, not a bottle.
- Feeding myself and maybe making a mess.
- Eating a lot of small meals and snacks.
- Trying new foods and textures - no more baby foods!
- Eating a lot on some days and a little on others.
- Learning to use a spoon and fork.



Help me Adjust ...

- Give me a child-sized fork and spoon.
- Cut up my food into bite sized pieces.
- Let's eat together at the table. I love company while eating!
- I like routine. Serve me meals and snacks at the same time every day.
- Offer me the same foods that our family eats. Don't assume I will not like the same foods as you do!
- Offer me new foods along with foods that I like.
- If I don't like a food the first time, keep trying. I will grow to like it!
- Let me try foods you don't like. I may like them!
- Have patience while I explore my new foods.
- Don't force me to eat certain foods.
- Don't fight with me about food. Nobody wins.
- Don't stress about the mess.
- Limit me to 20-24 oz. of milk a day and 4-6 oz. of 100% fruit juice a day.
- Don't forget to offer me water throughout the day.



Help me feel good about myself ...

- Let me help in the kitchen.
 - I can wash my hands with soap and water before we start preparing and eating food.
 - I can tear up lettuce leaves.
 - I can pour ingredients into the mixing bowl and mix them up with a spoon.
 - I can pretend to cook with pots, pans, bowl and spoon.
- Let me help pick out fruits and vegetables in the supermarket.
- Sing, dance and listen to music with me.
- Let's take more walks together as a family.
- Turn off the TV while we eat.

Remember, you are my best teacher. I learn most of my eating habits and make my food choices by watching you!

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